



Food for People

The Food Bank for Humboldt County

FOOD NOTES

Newsletter • Fall 2007



NUTRITION
MORE
HUNGER

GET CALM

BACKPACK
THE PEN
HOLIDAY

The Food Bank for Humboldt County



307 West 14th Street
Eureka CA 95501
707-445-3166
www.foodforpeople.org

SUN	MON	TUES	WED	THURS	FRI
FOOD FOR PEOPLE DISTRIBUTIONS & EVENTS FEBRUARY 2018				1 Eureka Choice Pantry. -Garberville Pantry -Hupa Pantry. -Willow Creek Pantry. Eureka Senior Bag Day. Trinidad Mobile Produce Pantry.	2 Eureka Choice Pantry. -Fortuna Pantry. -Hupa Pantry. -McKinleyville Pantry. Bridgeville Senior Bag Day.
4	5 Volunteer Orientation. -Fortuna Pantry. -Hupa Pantry.	6 Eureka Choice Pantry. -Garberville Pantry -Hupa Pantry. -McKinleyville Pantry.	7 Eureka Choice Pantry. -Arcata Pantry. -Fortuna Pantry. -Garberville Pantry -Hupa Pantry. Fortuna Mobile Produce Pantry.	8 Eureka Choice Pantry. -Willow Creek Pantry. -Garberville Pantry -Hupa Pantry. Orleans Mobile Produce Pantry. -Rio Dell Senior Bag Day. -Garberville Senior Bag Day.	9 Eureka Choice Pantry. -Fortuna Pantry. -Hupa Pantry. -McKinleyville Pantry.
				15 Eureka Choice Pantry. -Arcata Senior Pantry. -Blue Lake Pantry. -Ferndale Pantry. -Garberville Pantry -Hupa Pantry. -Loleta Pantry. -Orick Pantry. -Scotia Pantry. -Willow Creek Pantry. McKinleyville Senior Bag Day. Orick Mobile Produce Pantry.	16 Eureka Choice Pantry. -Bridgeville Pantry. -Fortuna Pantry. -Hupa Pantry. -McKinleyville Pantry.
				22 Eureka Choice Pantry. -Willow Creek Pantry. -Garberville Pantry -Hupa Pantry. Blue Lake Mobile Produce Pantry. Silvercrest Senior Bag Day.	23 Eureka Choice Pantry. -Fortuna Pantry. -Hupa Pantry. -McKinleyville Pantry.
				28 Eureka Choice Pantry. -Arcata Pantry. -Fortuna Pantry. -Garberville Pantry -Hupa Pantry. Orleans Senior Bag Day Hoopa Mobile Produce Pantry.	

**Eureka Choice Pantry
Countywide Pantry Network
Senior Brown Bag
Mobile Produce Pantry
Special Events**

For locations, times, or more information visit:

www.foodforpeople.org

***The Backpacks for Kids, weekend hunger relief program,** began the first week of October and runs throughout the school year.

***Food for People's Congregate Meals Site Partners:** North Coast Veterans Resource Center & St. Vincent de Paul.

***Senior/Homebound Deliveries** are made throughout the month in areas throughout Humboldt County.

***Our seasonal Free Produce Markets** will return in May 2018



Food for People
The Food Bank for Humboldt County

Notes from the Director

Looking Forward to 2018

Gratitude is something that is front and center in our work, no matter what's going on around us, and I would be remiss if I did not open my remarks with a huge THANK YOU! The holidays are always incredibly busy for the food bank, and we served a record number of households in the days leading up to both Thanksgiving and Christmas. Our lobby was crowded and bustling on any given day, but we made sure no one was turned away, because it is our belief that everyone should have the opportunity to gather around the table and enjoy a special meal with friends and family. Thankfully, the outpouring of support from our amazing community was also very strong, making it possible for us to serve all those who walked through our doors with the usual array of healthy foods, plus options of holiday turkeys, hams, roasting chickens, stuffing mix, and lots of fresh produce. I'd like to extend our warmest thanks to all those who made financial donations, donated food, and shared their time and talents with us as volunteers over the past few months. You made it happen!

As we look ahead to what 2018 will bring, it's a good time for us to

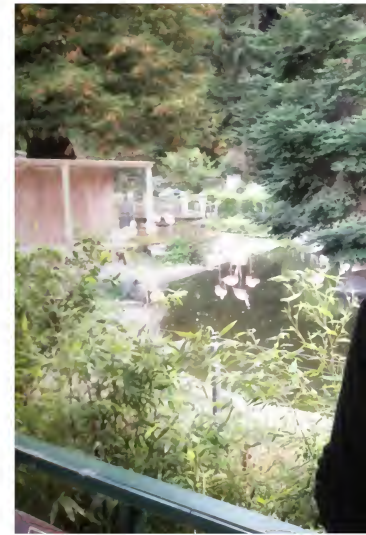
opportunities that may arise. Our 18 programs remain strong, thanks to our many strategic partnerships with nonprofit partners, Humboldt County Department of Health and Human Services, local foundations, civic clubs, businesses and individual supporters. We won't know what future funding for essential safety net programs will look like until Congress passes a budget, but we're grateful for the strong base of local support that understands and responds to our community's needs.

Turning to the policy front, we secured a key victory within our state Legislature with \$8 million allocated for CalFood in the 2017-2018 and 2018-2019 state budgets, thanks to many years of advocacy. These are funds food banks can use to purchase perishable and nonperishable foods that were grown or produced in California. Our share for last year was just over \$60,000, and we've been using those funds to purchase a steady supply of eggs, dairy products, meats and fresh produce – all high-quality items that our clients have told us are a priority for good health. Funding restrictions aren't always easy to deal with, but

economy through these purchases, and we look forward to more of the same in the coming year.

Our big ask of the California Legislature for this year is for a one-time infusion of infrastructure funds for food banks that can be used to purchase forklifts, pallet jacks, and refrigerated trucks and vans; upgrade refrigeration; and purchase software and equipment to take our inventory systems to the next level with bar coding and scanners – all key investments that will help us expand our capacity, improve food safety and increase efficiency. Most of these items are quite costly, especially for smaller, more rural food banks, so we're hoping to convince the Legislature to support this one-time initiative.

And last but not least, our big goal for this year is to gather more stories from the people we serve, so that we can give voice to those whose lives are touched by hunger and poverty. We know that our services have a positive and often life-changing impact; if we don't share those stories we can lose sight of the important outcomes that can inspire us all. We laid the groundwork



Kids program, and the senior and homebound individuals we serve monthly.

In the Backpacks survey, we learned that 90% of the children share the food they receive with their families. There are a couple of quotes that say it all. One child shared, "I don't usually eat food after school, but on Fridays I do." Another said, "We need the food bags because we don't always have enough money." At the other end of the age spectrum, one person enrolled in our senior program said: "We are grateful to have the food because usually our cupboards are empty and when you guys come we are singing with joy."

You can make a difference!



FULL PLATE
partners

Board of Directors

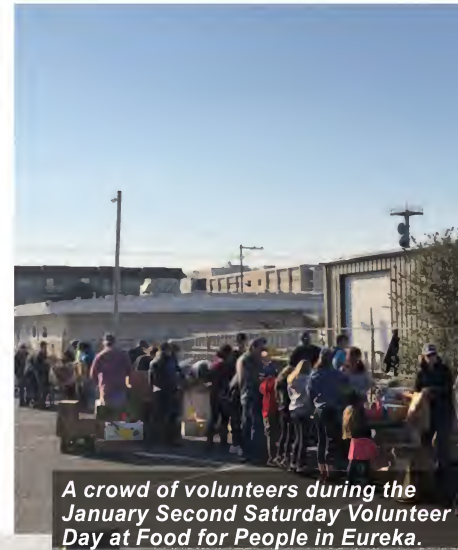
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Saturday Volunteer Day

Our 2nd Saturday monthly volunteer day in January was another huge success! With well over forty volunteers, our awesome team of college and grade-school students, local business volunteers, and other community members accomplished more work in those few hours than we might have done in an entire week. "I've had some pretty fun conversations with new people," explains volunteer Neil Palmer, "It's a great way to experience Food for People and meet other volunteers." Neil is a regular volunteer in the Eureka pantry and warehouse, and helps coordinate projects at the 2nd Saturday Volunteer Days.



A crowd of volunteers during the January Second Saturday Volunteer Day at Food for People in Eureka.



Coworkers from Sanders Funeral Home volunteer to pack bags for Food for People's Senior programs during January's Second Saturday Volunteer Day.

The day usually starts with an introduction to both new and returning volunteers. After that, it's all hands on deck with people working diligently to pack just a few short hours, then over 600 bags of food for our Network programs. They also receive donated food. During the day, the groups were able to pack holiday food drive food for the next six months. It's a great way to meet new people and learn about Food for People.

If you are interested in volunteering, contact our Direct Services Manager at foodforpeople.org or 707-444-1111 for weekend volunteer opportunities from 10am until 1pm at 307 1st St. We hope to see you there!

Produce Countywide

Colin and Kianna were able to take home a box full of fresh fruits and vegetables during a recent Mobile Produce Pantry distribution in Blue Lake. They shared with us:

"Our engine blew out and we haven't had fresh vegetables in two weeks."

For too many families throughout Humboldt County the burden of high housing, medical, and transportation costs can mean going without sufficient food – especially nutritious foods. This is where Food for People's Mobile Produce Pantry is a lifesaver for many.



Adventurous Eats!

Food for People's Nutrition Education Program Provides Demos, Recipes and More!

Leeks, rutabagas, and parsnips oh my! Does strange, misshapen, bitter-tasting produce keep you up at night? Well you are in luck! Food for People offers taste tests and cooking demonstrations that transform intimidating ingredients into nutritious culinary wonders. Nutrition Education Coordinator Matt Drummond prepares food "demos" each week, highlighting fresh produce from local farms. Taste tests provide clients with examples of meals that can be prepared with produce from Food for People's Choice Pantry and encourages them to try something new. Matt's hope is to help clients understand the importance of eating a diverse diet consisting of in-season, local produce while challenging them to cook with new fruits, veggies, legumes, and grains available to them.

Here's an example of a recipe and taste test that was available in the Choice Pantry this winter, showcasing local gleaned squash from Wild Rose Farm in Blue Lake:

Stuffed Winter Squash Recipe

Ingredients:

- 1 winter squash (delicata, butternut, or acorn)
- 1 tbsp. oil
- 1 cup brown rice or quinoa
- 1 medium yellow or red onion
- 1 cup mushrooms
- 2 cloves garlic
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 1 tsp. dried sage
- 1/2 cup grated parmesan cheese
- Salt and pepper to taste

Directions:

1. Cut squash into 1 inch circular pieces. If using butternut squash, peel before slicing.
2. Bake the squash in oven on 350°F for 15 minutes.
3. Cook rice or quinoa in a pot or rice cooker while the squash is baking.
4. Fry onion in oil for 10 minutes on medium heat, add mushrooms, and herbs and cook for 5 more minutes.
5. When the rice is cooked, mix in the mushrooms and onions.
6. Fill the squash circles with the mixture and top with grated parmesan.
7. Bake for 15 minutes at 350°F or until the squash is soft.

TIPS

- You can also cut the top of the squash off or in half length-wise, remove the seeds, and insert the filling!
- Add chopped spinach or kale for a healthy boost.



Unsure of what to do with your foot-long daikon root? No problem! Food for People's staff are happy to answer your questions on unfamiliar items and give tips on how to prepare them. Recipe cards are available at each demo and daily in the Choice Pantry. Households can use these recipes at home to create delicious meals with pantry produce.

Matt also conducts food demos at Food for People's sites, senior distribution sites, and other pantry locations in Humboldt County. Demos occur every Friday at the Eureka Choice Pantry from 3:30pm and each week at select Mobile Produce Pantries in Humboldt County. Our Mobile Produce Pantry schedule is available at foodforpeople.org.

Thank you all for a successful Gold Season

This year's Hunger Fighter Challenge, which spans the months of November and December, consisted of 48 participating teams that helped collect 9,721 pounds of food and \$4,200.49 for Food for People's 25th Annual Holiday Spirit Food & Fund Drive! Many groups held small food drive events to collect donations or instigated competitions between different offices or departments to maximize their contributions. The students at Washington Elementary School were especially enthusiastic and helped collect 1,331 pounds of food! Dell'Arte International utilized their winter performances throughout the county to collect 943 pounds of food to benefit the pantries closest to their performances. Some teams tried to collect an equal amount of food and funds like Six Rivers Charter High School who collected 510 pounds of food and \$422.59. Whether large or small, every donation helps us continue to serve our friends and neighbors in need. We thank all of the organizations, businesses, and individuals who helped make the 2017 Hunger Fighter Challenge a success!



Six Rivers Charter High School

Rigorous & Collaborative ~ Nurturing Community



Senior Fighter Challenge!

Senior Fighter Teams



GetCalFresh.org in Humboldt County!

When I began working as a CalFresh application assister at Food for People in 2011, households struggled with hurdles throughout the CalFresh application and eligibility process that have vastly improved today thanks to community partnerships and technology. The challenges were especially difficult for those living in the more remote areas of Humboldt County. Households had limited options for initiating what was strictly a paper application process, and they were required to visit the county office at least once or twice to take care of in-person parts of the process. For some, that meant an expensive drive of 50 miles or more, and it is especially challenging if a household has virtually no transportation options or needs to take time off work to make the trips. Many would delay applying for nutrition assistance or fall through the cracks mid-way through the process. At that time, households' options for providing verification documents, which are requested during the eligibility determination process, were limited to providing copies in person at the county office or by mail. This meant another potentially costly trip or the risk that mail delivery would be delayed.

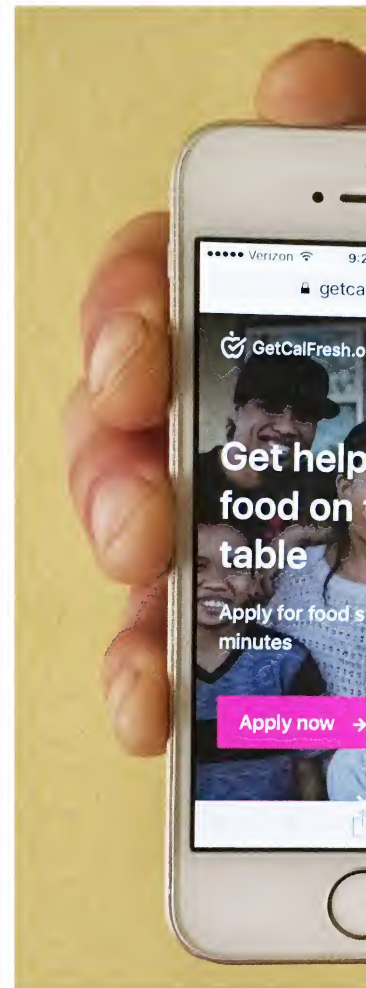
Since then, the CalFresh application process has become far more accessible and modernized. Households have been able to complete eligibility interviews via phone for several years now, and other parts of the process that required a visit to the County office have been eliminated, unless someone prefers it. Around that same time, the state rolled out websites that enabled Californians to apply for benefits online. Humboldt County residents with internet access could now apply for CalFresh without leaving their homes or communities, complete a scheduled phone interview, and mail required documents. The County's call center is available all week long for households to call and ask any eligibility worker questions about their case. These expanded options removed significant hurdles for households in our large, rural county.

Around the same time, an array of non-profit agencies in communities across Humboldt County worked in partnership to help increase the number of locations where people can receive skilled one-on-one help with the CalFresh application process. The sites help with the application process, including

directly to the County office, often via fax.

Most recently, in an effort to modernize the process even further, Code for America, a non-profit organization with the mission of making critical services more accessible through technology, simplified the online application experience with the new website GetCalFresh.org. It is easy to use on a smartphone, tablet, or computer. The application takes just five to ten minutes to complete, and verification documents can be uploaded from files or photographed from the device. All information transmits directly to the County's computer system. As an added bonus, applicants can sign up for text reminders about important steps in the eligibility process. These features address significant barriers to application success and reduce the need to reapply multiple times.

In 2017 Humboldt County joined the list of 24 counties now using GetCalFresh.org. Food for People's CalFresh Outreach team has been referring people to the website and using it in person to assist with applications at our Eureka Choice Pantry and around the county at our Mobile Produce Pantry and Pantry Network locations. At a



households using GetCalFresh.org on our internet-enabled tablet. One of the applicants, Ruth, is 72 years old and living by herself on a fixed income of Social Security benefits. She had applied for CalFresh previously but was denied because she did not get all of the verification documents in on time. She had to use precious gas money to go to a place where she could make copies in her remote, rural community, only to have slow mail service cause the documents to arrive past their due date. With the new

Backpacks for Kids



Peninsula Union School is located in the small town of Samoa on the North Peninsula, a long sandy stretch of land located across the bay from Eureka. Samoa was a flourishing town when the primary industry on the peninsula was lumber and pulp manufacturing. Simpson Timber Company employees made up most of the residents of the town, which was one of the last "company owned towns" in the United States. When the mill shut its doors officially in 2010, the area suffered great economic hardships. Today, the area is sparsely populated, and many are struggling to make ends meet. Peninsula Union currently serves about 500 students ranging from Kindergarten to 8th grade. According to census data, 48% qualify for free/reduced lunches.

Over the past few years, the United Bikers of Northern California and their members have held several local fundraisers to benefit Food for People's Backpacks for Kids weekend child hunger-relief program. Peninsula Union is one of the schools that has benefited from the bikers' hard work and dedication to their community. This year, 12 children receive a weekend food bag to take home with them every Friday.

Kathy Anderson, Office Manager at Peninsula Union, talked with

"We hand the bags to each student every Friday when they are leaving school. The children love and need them. The extra food has helped the kids grow, intellectually and physically! We have a high percentage of economically challenged families. This stress trickles down to all family members and can sometimes affect their focus and their learning. The Backpacks for Kids program is needed and much appreciated."

Anyone can sponsor a child in the Backpacks for Kids program for \$295 for the whole year. Every sponsorship goes to support another student at one of our partner schools. This donation will make it possible for a child to have breakfast, lunch, dinner, and snacks at home every weekend day during the school year. 🐾

For information about Backpack for Kids or other Child Nutrition Programs, contact Food for People's Child Nutrition Coordinator, Carrie Smith, at (707)445-3166 extension 309, or csmith@foodforpeople.org. Donations can be sent to Food for People, 307 W. 14 St. Eureka, CA 95501.

Food for People's Child Nutrition Programs work to fill the meal gap for at-risk children on weekends during the summer when school assistance is unavailable



The 25th Annual Holiday Spirit Food & Fund

Food for People would like to extend its heartfelt thanks and gratitude to the entire community for its support of the 25th Annual Holiday Spirit Food and Fund Drive. This year's food drive collected more than 100,000 pounds of food for people in need! Our warehouse staff and volunteers worked nonstop to sort and store incoming donations to serve the maximum amount of clients during the holiday season. In addition to the massive amount of food donations we received an outpouring of financial donations which make a phenomenal impact at Food for People. We are humbled that so many people in this community believe in the work we do and continue to support us by donating.

Heartfelt thanks to the businesses that sponsored the

25th Annual Holiday Spirit Food & Fund Drive



Times-Standard

The North Coast's Daily Newspaper Since 1861



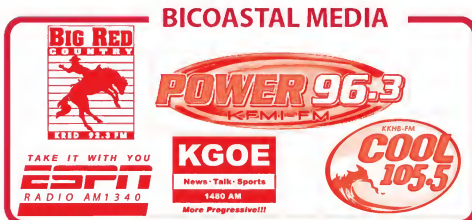
GREEN DIAMOND RESOURCE COMPANY



Belonging Never Ends

NORTH COAST
CO-OP

Coast Central Credit Union



RECOLOGY HUMBOLDT COUNTY - EUREKA FLOOR CO.

Thank you to everyone who helped make our **25th Annual Holiday Spirit Food & Fund Drive** successful!

HUNGER FIGHTER GOLD STAR CIRCLE

Area 1 Agency on Aging 1AA
CalTrans
Cuddly Bear Thrift Shop
Dell'Arte International
DHHS - Social Services Branch
Federal Resource Agency Building
North Coast Regional Dept. of Child Support Services
Recology Humboldt County
Backcountry Horsemen of California, Redwood Unit
Sequoia Gas
Six Rivers Charter High School
Washington Elementary

HUNGER FIGHTER CHAMPIONS

Berkshire Hathaway Home Services Redwood Realty
Big Brothers Big Sisters of the North Coast
California State & Federal Employees Credit Union
Changing Tides Family Services
City of Arcata
Coast Central Credit Union
Department of Rehabilitation
DHHS Public Health – Community Wellness Center
Dream Athletics
Environmental Technology, Inc.
EPT Rehabilitation
Freshwater School
Garfield Elementary
GHD
Glen Paul School
Humboldt Community Access & Resource Center
Humboldt IPA
Humboldt IPA - Priority Care
Humboldt County Planning & Building Department
Hunter, Hunter & Hunt, LLP
The Job Market
KLLG Corporation
LACO Associates
Mad River Community Hospital
Northcoast Horticulture Supply
Redwood Curtain Brewing Company
Six Rivers Montessori School
Six Rivers National Forest Supervisors Office
St. Joseph Health
Union Street Charter School

FOOD DROP-OFF BARREL HOSTS

Bridgeville Elementary School
Bridgeville Post Office
Community Credit Union of Southern Humboldt
Dinsmore Store

Eureka Natural Foods
Ferndale Community Church
Ferndale Post Office
Grocery Outlet
Hoby's Market
Hupa Family Resource Center
K'ima:w Medical Center
Les Schwab Tire Center
McKinleyville Family Resource Center
Murphy's Markets
North Coast Co-op
Ray's Food Place
Redway Family Resource Center
Redwood Capital Bank
Rio Dell Chamber of Commerce
Rio Dell City Hall
Safeway
Shop Smart Food Warehouse
Swain's Flat Outpost
Tri Counties Bank
Trinidad Elementary School
Umpqua Bank
U.S. Bank
Wildberries Marketplace
Willow Creek Community Resource Center
Willow Creek Post Office

HOLIDAY FUNDING PARTNERSHIP

Humboldt Area Foundation
McLean Foundation
The Smullin Foundation
St. Joseph Health Foundation
Union Labor Health Foundation

ADDITIONAL COMMUNITY DONORS

Adorni Center
Bayside Makers Fair
The Berg Foundation
Blue Ox Millworks
Bounce-a-Palooza
Boy Scout Troop 15
Courtyard Arcata Apartments
Eureka Moose Lodge
Eureka Women's Club
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Mormon Temple
Morris Graves
Northtown Coffee
Umpqua Carefree Club
Women in Timber



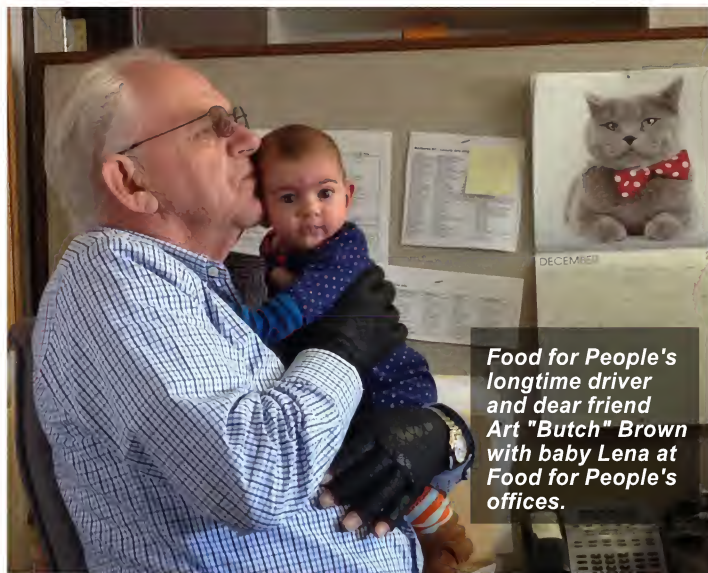
KHUM DJ Cliff Berkowitz broadcasts live with Director Anne Holcomb, and Pantry Network Wildberries Marketplace Marketing Manager during the weeklong kickoff to the 25th annual Holiday Spirit Food & Fund Drive.



Students from St. Bernard's High School, 2017 Food Challenge Winners, celebrate with Senator Mike McGuire as AT&T presents a check for \$2,000 to Food for People.

A major highlight from this year's 25th Annual Humboldt Holiday Spirit Food & Fund Drive was Senator Mike McGuire's 2nd Annual Humboldt Holiday Spirit Food & Fund Drive. Working with six local high schools, the drive met its goals and expectations by collecting \$4,541 – more than double the amount from last year. Schools competed against each other to raise funds, with the winning school receiving the 2017 Food Challenge Award. Each school employed different strategies to raise funds from its community, and the entire drive was a success. The event held at the Eureka Safeway. So many thanks to everyone away by collecting more than \$4,541. The winner was crowned the 2017 Humboldt Holiday Spirit Food & Fund Drive. It was great to see so much enthusiasm and their desire to help their community. Thank you to all of the participating schools: Arcata, McKinleyville, Fortuna, and Ferndale. Thank you to Senator Mike McGuire.

Remembering a Friend



Food for People lost a beloved member of our food bank family with the passing of Art "Butch" Brown on January 31st. Art had been retired from a long career working at Simpson Timber Co. when he learned that we were looking for a part time daily route driver to pick up food donations at local stores. He was a perfect fit for the job – he loved what we were doing and quickly became our ambassador in the community, loading up to 2,000 lbs. of donated food each day. Having grown up here, where he met and married Verdalyn, his wife of more than 50 years, it seemed like he knew absolutely everyone. He coached several generations of kids in youth sports and after retiring from coaching, he continued to go to their games to cheer the kids on. When his health forced him to re-retire after almost 10 years at the food bank, he still came back to visit us regularly to have a cup of coffee, catch up on the news, share the highlights of his grandchildren's latest achievements, and give us a hug. And he never hesitated to say "I love you" to those of us who had become close to him. We were blessed to have known Art, and his passing leaves a big hole in many, many hearts. Our thoughts and prayers go to his wife and family.

Tribute & Memorial Contributions

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your gift. If you include an address, we'll send a card to let that person know about the donation. It is a great way to celebrate and/or honor the memory of someone you love. 🐾

In Honor Of

10/24/17 - 1/31/18

Alan & Rosalind Meisel
"for their 55th Wedding Anniversary"

Anne Holcomb

Bayley Brown

Barbara Smith

Berget Jelane

Beverly Anne Hood "on her 82nd birthday"

Bruce & Shirley Miner

The Buck Family

Bud & Missy Talbot

The California Conservation Corps Fortuna Center

Carol McNeill

Carol Vander Meer

Catherine Cascade & John Moge

Chris & Leslie Gross

Chris Manville

Donald Trump - "Thanks for the tax 'relief'. I'm giving it all to those you're taking so much from"

Elena

Frank, Cody & Katie Powers

Glen Johnson

Ivanka Velinova

Janet Nelson

Jannetje Vrieze

Jason Hoo

Jerry

Jesus Christ - "Who Asked Us To Feed His People"

Jesus Christ in Heaven

Jodie Steeves

Joe Myers

John Severn

Julia Scully

Karen Angel

Kay Conlin

Ken & Troy Dean

Kirsten Hartlein Allen

Lily

Lori Brown

Lura Winzler

Margaret Lang & Steve Railsback

Marlene Laidlaw

Maureen Saunders

Mike & Katy Yanke

Mickey Yonkovig

Mona Dougherty

Pam and Bill Nason

Pam Flores

Robert Lalonde

Sally

Sierra Leash

Susan Cobb

Susie Sherry

The Staff & Volunteers at the Food Bank!

Tana & Topher Reynolds

Wilma Johnston

Mrs. Yvonne Pugh.

- "Happy 98th Birthday!"



Food for People
The Food Bank for Humboldt County

Mission. Food for People is working to eliminate hunger and improve the health and well-being of our community through food and education.

Vision. We envision a community where everyone has access to good quality, nutritious food, understands the value of food, and is empowered to make choices that improve their lives.

More. For more information on Food for People and our 18 countywide hunger relief programs or for ways you can help, visit www.foodforpeople.org.

A special thank you

Our newsletter is printed using soy inks. All paper generated in the process of printing is sent directly to the paper mill for recycling.